



(Knowledge for Development)

KIBABII UNIVERSITY

UNIVERSITY EXAMINATIONS 2022/2023

ACADEMIC YEAR

FIRST YEAR THIRD TRIMESTER

MAIN EXAMINATION

FOR BACHELOR OF SCIENCE IN NURSING DEGREE

COURSE CODE: NUR 134

COURSE TITLE: HEALTH ASSESSMENT


DATE: 06/07/2023

TIME: 9:00 AM 12:00 AM

INSTRUCTIONS TO CANDIDATES

Answer ALL Section one (1) MULTIPLE CHOICE QUESTIONS and ALL Section two (2) SHORT ANSWER QUESTIONS and any one (1) section THREE (3) LONG ANSWER QUESTION.

TIME: 3 Hours

This paper consists of 7 printed pages. Please Turn Over 
KIBU observes ZERO tolerance to examination cheating

SECTION 1- MCQs ANSWER ALL QUESTIONS (50 MARKS)

1. A plan of care that identifies the specific needs of the client and that needs will be addressed by the healthcare system or skilled nursing facility is
 - a. Health identification
 - b. Health assessment
 - c. Health examination
 - d. Disease identification

2. You are performing a head-to-toe assessment on a patient admitted with abdominal pain. During inspection of the abdomen, you note the abdominal contour to be round and distended with no masses and lesions present. The patient reports that their last bowel movement was one hour ago, and the stool was loose. In addition, the patient states that the abdominal pain is based below the umbilicus and is sharp in quality. After inspection of the abdomen you will
 - a. Perform light palpation on the abdomen, followed by deep palpation
 - b. Percuss the abdomen
 - c. auscultate for bowel sounds by starting in the right lower quadrant
 - d. Palpate for bruit and rebound tenderness

3. Nurses use physical assessment skills to
 - a. To identify and manage a variety of patient problems
 - b. To discharge the patient from hospital
 - c. To collect the health history
 - d. To realize the patient importance to relatives

4. When a client has a complaint of severe headache a nurse assess that it is
 - a. Objective data
 - b. Subjective data
 - c. Client history
 - d. Chief complain

5. A patient is admitted in general ward having a complaint of vertigo a nurse checks blood pressure and informs the doctor. The checking of blood pressure is which type of data?
 - a. Subjective data
 - b. Take vital sign of client
 - c. Health history
 - d. Objective data

6. A technique in which hands and fingers are used to gather information by touch or it may be either superficial or deep
 - a. Inspection
 - b. Palpation
 - c. Percussion
 - d. Physical examination

7. Lies on abdomen with head torn to the side, with or without a small pillow this is
 - a. Supine position
 - b. Lithotomy position
 - c. Horizontal recumbent position
 - d. Prone position

8. A assessment technique in which critical observation of client done without touching by nurse or health care provider is
- Inspection
 - Palpation
 - Percussion
 - Auscultation
9. During assessment a sounds produced by striking body surface of individual this step of technique is called
- Subjective data
 - Objective data
 - Inspection
 - Percussion
10. A Stethoscope is used to listening the sounds produced by the body of patient or individual this technique is called
- Inspection
 - Palpation
 - Percussion
 - Auscultation
11. During the physical examination a lubricant like xylocain jell or liquid paraffin is used to
- Ease the insertion of instrument
 - Visualize the body part
 - Heal the injury
 - Enhance the client's complain
12. A physical examination in which tongue blade (depressor) is used
- To depress the tongue during assessment of nose and throat
 - To depress the tongue during assessment of mouth and larynx
 - To depress the tongue during assessment of mouth and pharynx
 - To depress the tongue during assessment of mouth and esophagus
13. Name, date of birth, age, parents and siblings information of client are gathered in
- Present history
 - Past medical history
 - Health history
 - Bio-graphic data
14. During assessment a lighted instrument is used to visualize the anterior of eye is called
- Otoscope
 - Stethoscope
 - Nasal speculum
 - Ophthalmoscope

15. When client have a complain of congested chest and sounds are audible without stethoscope it is

- Direct auscultation
- Indirect auscultation
- Inspection
- Percussion
- Palpation

16. Acknowledging the patient's verbal and nonverbal communication conveys true interest and encourages further communication by

- History taking
- Interview
- Data collection
- Subjective data

17. Otitis media is an

- Inflammation of external ear
- Inflammation of middle ear
- Inflammation of inner ear
- Inflammation of nasal cavity

18. The interviews require less time and are very effective for obtaining factual data with specific questions and are controlled by the nurse

- Interview
- Directive interview
- Nondirective interview
- History taking step

19. In interview elicit a "yes" or "no" response, to client this type of question is

- Open question
- Closed question
- Direct question
- Indirect question

20. You are performing a head-to-toe assessment on a patient. While palpating the lymph nodes of the neck, the patient reports tenderness at the following location (see photo). When you document the findings of the head-to-toe assessment, you will note that the patient felt tenderness at which lymph node site?



- Preauricular
- Submandibular
- superficial cervical
- Jugulodigastric

21. X-ray of breast
- Mammogram
 - Digital x-ray
 - Ct-scan
 - Magnetic Resonance Imaging
22. The process of identification of the condition, needs, abilities and preferences of a patient is
- Nursing assessment
 - Patient assessment
 - Medical assessment
 - Professional assessment
23. The process gathering of information about a patient's physiological, psychological, sociological, and spiritual status in
- Nursing assessment
 - Patient assessment
 - Medical assessment
 - Professional assessment
24. When Blanch Test is performed and nails pressed between the fingers the nails return to usual color in less than
- 4 seconds
 - 6 seconds
 - 8 seconds
 - 2 seconds
25. The thyroid gland is not visible during the
- Inspection
 - Palpation
 - Percussion
 - Auscultation
26. Patient was able to read the newsprint at a distance of
- 8 inches
 - 10 inches
 - 12 inches
 - 20 inches
27. Able to hear ticking on right ear at a distance of one inch and was able to hear the ticking on the left ear at the same distance this assessment test is called
- Hearing Acuity Test
 - Watch Tick Test
 - Blanch Test
 - Weber test

28. An instrument used to measure the Blood Pressure of client is called
- Stethoscope
 - Otoscope
 - Ophthalmoscope
 - Sphygmomanometer
29. The sweat to reduce the body temperature is eliminated by
- Sweats gland
 - Apocrine gland
 - Eccrine gland
 - Thyroid gland
30. For the detection of hearing loss an instrument in physical examination is called
- Otoscope
 - Ophthalmoscope
 - Hammer
 - Tuning fork
31. Cleft palate is a congenital defect where the maxillary process fails to fuse. This causes a gap in the
- hard palate and possibly the lower lip
 - soft palate and possibly the upper lip
 - hard palate and possibly the upper lip
 - hard palate and possibly the corner of lip
32. A 70-year-old woman complains of dry mouth. The most frequent cause of this problem is:
- The aging process
 - Related to medications she may be taking
 - The use of dentures
 - Related to a diminished sense of smell
33. 72-year-old client is considered a normal process or aging the most common complain
- My tongue feels swollen.”
 - “My tonsils are large and sore.”
 - “I have white and black spots under my tongue.”
 - “Food does not taste the same as it used to.”
34. A technique in which the hands and fingers are used to gather information by touch or it may be either superficial or deep
- Inspection
 - Palpation
 - Percussion
 - Auscultation

35. During physical examination when using the stethoscope its exact position between
- index and little fingers
 - index and ring fingers
 - thumb and index fingers
 - index and middle fingers
36. Occipital lobe of brain is said to be
- memory storage center
 - Emotions control center
 - Visual center
 - Interpretation of sensory center
37. Name, Date of Birth, Age, Parents & siblings information of client are gather in
- Present history
 - Past medical history
 - Bio-graphic data
 - Health history
38. When a nurse performed the physical examination of abdomen the sequence of examination should be
- Inspection, auscultation, Percussion, palpation
 - Inspection, palpation ,Percussion, , auscultation,
 - auscultation , Inspection, , Percussion, palpation
 - Percussion, Inspection, auscultation, palpation
39. The appropriate time to collect a urine specimen from a patient Is
- before the physical examination
 - any time the patient feels he can provide a specimen
 - during the examination
 - after the examination
40. The best examination position for the physician to evaluate the patient's ability to fully expand the lungs is the
- Sitting position
 - Prone position
 - Lithotomy position
 - knee-chest position
41. A patient who has low blood pressure or is in shock would be placed in a
- Sitting position
 - Prone position
 - knee-chest position
 - Trendelenburg position

42. The normal range for body temperature is

- a. 96°F to 98°F
- b. 97°F to 99°F
- c. 98°F to 99°F
- d. 97°F to 100.4°F

43. A temperature of 103°F is classified as

- a. Normal
- b. Hypo pyrexia
- c. Hyper pyrexia
- d. Low-grade fever

44. One respiration consists of

- a. One inhalation
- b. One exhalation
- c. One inhalation and one exhalation
- d. The opening and closing of the valves of the heart

45. The normal respiratory rate of an adult ranges from:

- a. 8 to 16 respirations per minute
- b. 10 to 18 respirations per minute
- c. 12 to 20 respirations per minute
- d. 16 to 22 respirations per minute

46. The abbreviation used to record oxygen saturation as measured by a pulse oximeter is:

- a. PCO₂
- b. PO₂
- c. SpO₂
- d. SpO₄

47. Blood pressure is measured in:

- a. Units
- b. Degrees
- c. Beats/min
- d. Millimeters of mercury

48. Over which artery is the stethoscope placed when taking blood pressure:

- a. Radial
- b. Brachial
- c. Apical
- d. Carotid

49. When measuring blood pressure, the patient's arm should be positioned

- a. Above heart level
- b. At heart level
- c. Across the chest
- d. With the palm facing downward

50. The term used to describe the point of lesser pressure on the arterial walls when assessing blood pressure:

- a. Systolic pressure
- b. Diastolic pressure
- c. Diastole
- d. Hypotension

SECTION 2 (SAQs ANSWER ALL QUESTIONS) (30 MARKS)

1. Outline the five (5) levels of consciousness (2 ½ Marks)
2. List the components of Glasgow Coma Scale (1 ½ Marks)
3. In addition to the general characteristics that ought to be elicited and explore during history taking and Review of Systems during Ear, Nose and Throat (ENT) assessment. List four (4) Cardinal signs and symptoms that are specific for **each** system (6 Marks)
4. State six (6) factors that place patients at risk for endocrine health problems (6 Marks)
5. State with examples the seven (7) components in comprehensive adult health history (7 Marks)
6. Outline the six (6) aspects of cardiovascular examination (3 Marks)
7. When carrying out pediatric assessment, the genitalia should be carefully assessed, with particular attention to any malformation, abnormalities or sexual ambiguity. State the four (4) areas one needs to look at during **inspection** of the male genitalia (4 Marks)

SECTION 3- LAQs ANSWER ANY ONE QUESTION (20 MARKS)

1. Describe clinical history taking format in medicine and nursing: physical and systemic examination (20 Marks)
2. An adult patient is admitted at the Accident and Emergency department where you are working. On assessment you realize that the patient is unconscious. Answer the following questions (20 Marks)
 - a. Outline your initial approach to the unconscious patient (5 Marks)
 - b. What will you do if there is no response? (6 Marks)
 - c. Once cardiac arrest has been identified. What procedure should be initiated without delay? (7 Marks)
 - d. In what ratio will compressions and ventilations be initially performed during CPR? (2 Marks)